Natural and Drugless Way to Better Health

Garten, Max O.

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Natural And Drugless Way For Better Health

United States. National Commission on Digestive Diseases

Natural And Drugless Way For Better Health:

The Natural and Drugless Way for Better Health Max Otto Garten, 1969 **Acupuncture without Needles** I. V. Cerney, 1999-06-01 Find relief from pain and illness through the healing art of acupressure a home healing variation on the 5 000 year old tradition of Chinese acupuncture Newly revised and updated this modern health classic guides you step by step through the simple finger pressure techniques that send soothing relief surging to the sources of pain and discomfort Learn how to determine where pain begins how it may show up in other parts of the body and how to make it disappear with a touch of a finger all without resorting to expensive drugs difficult therapies invasive surgery or even the prick of a needle Presented in clear easy to understand language and accompanied by over 100 illustrations these techniques have long been proven effective in relieving a wide variety of ailments and conditions including asthma backache constipations high blood pressure impotence menopause menstruation pain nausea sciatica and stress Learn the ancient art of Acupuncture without Needles and enjoy pain free health and vitality that s as easy to achieve as pushing a button Mother Jones Magazine ,1978-08 Mother Jones is an award winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues Report to the Congress of the United States of the National Commission on Digestive Diseases United States. National Commission on Digestive Diseases, 1979 Report to the Congress of the United States of the National Commission on Digestive Diseases: pt. 1. Public hearings - New York, Newark, Chicago. pt. 2. -Houston, Washington, D.C., Denver United States. National Commission on Digestive Diseases, 1979

Report of the National Commission on Digestive Diseases to the Congress of the United States: pt. 1 Public **hearings** United States. National Commission on Digestive Diseases, 1979 National Library of Medicine Current Cataloa National Library of Medicine (U.S.),1970 First multi year cumulation covers six years 1965 70 Catalog of Copyright **Entries. Third Series** Library of Congress. Copyright Office,1972 When Technology Fails Matthew Stein, 2008-08-18 There s never been a better time to be prepared This book is an indispensable basic manual for the real life issues that await us in the decades to come A treasure trove of practical wisdom James Howard Kunstler author of The Geography of Nowhere Matthew Stein's comprehensive primer on sustainable living skills from food and water to shelter and energy to first aid and crisis management skills prepares you to embark on the path toward sustainability But unlike any other book Stein not only shows you how to live green in seemingly stable times but to live in the face of potential disasters lasting days or years coming in the form of social upheaval economic meltdown or environmental catastrophe When Technology Fails covers the gamut Inside you ll learn The basics of installing a renewable energy system for your home or business How to find and sterilize water in the face of utility failure How to keep warm if you ve been left temporarily homeless Practical information for dealing with water quality issues Alternative health and first aid techniques Each chapter describes skills for self reliance in good times and bad Chapters Include A survey of the risks to the status quo Supplies and preparation for short and long

term emergencies Emergency measures for survival Prepping water food shelter and clothing First aid low tech medicine and healing Securing energy heat and power Metalworking Utensils and storage Low tech chemistry engineering machines and materials Fully revised and expanded When Technology Fails ends on a positive proactive note with a chapter on Making the Shift to Sustainability which offers practical suggestions for changing our world on personal community and global levels When Technology Fails is a massive project done well First the book gives a superb presentation of WHY one should be more aware and prepared and then HOW one should go about this The scope of this book is thorough John McPherson author Primitive Wilderness Living and Survival Skills **Natural and Drugless Way to Better Health** M. O. Garten,1972

Healing Yourself with Foot Reflexology, Revised and Expanded Mildred Carter, Tammy Weber, 2002-07-01 Mildred Carter's reflexology techniques have helped millions of people all over the world live happy healthy lives gloriously free of pain and discomfort Simple safe and effective her time tested methods of rubbing pressing stroking and massaging away illness provide blessed relief from dozens of aliments Now you too can join over 550 000 readers who have already benefited from Mrs Carter's natural way to good health in Healing Yourself with Foot Reflexology Revised and updated with seven completely new chapters and over 100 illustrations this easy to use guide reveals how you can utilize simple foot reflex massage techniques to achieve quick natural relief from such common ailments as Arthritis Back pain Bronchitis Eye problems Fatique Heart problems Leg cramps Menopause problems Prostate problems Sciatica Sore throat Stress Ulcers And many more Dozens of helpful charts and line drawings pinpoint the strategic reflex points in the foot that connect to the heart the major organs the glands and the nervous system and show you step by step how to employ foot reflexology to both relieve specific illnesses as well as boost your general health and vitality Read remarkable case histories of men and women who eliminated their pain and suffering with the help of Mrs Carter's natural science techniques As thousands of satisfied people can attest the powerful healing forces of reflex therapy will put you on the road to renewed health vigor and youthfulness **Bowker's Medical Books in Print**, 1975 Foot Reflexology - What Is It? What Good Is It? Amzah A. Raheem, 2015-06-30 Foot Reflexology is a natural and drugless way of stimulating the internal organs thereby increasing the circulation and restoring bodily functions to normal Mechanical Engineer: Junior, Assistant, and Senior Grades, Federal, State, and Municipal Administrations Arco Publishing Company, 1973 Library Journal Melvil Dewey, Karl Brown, Bertine Emma Weston, Helen E. Wessells, 1971 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Juniorlibraries 1954 May 1961 Issued also separately

The Best Health Flavours Yusuf Wasiu,2015-06-11 This book is written to enlighten the whole world about some fundamental truth about health and wellness through discussion of some very important health issues that will lead to continued health and wellness Because a lot of people pray and hope for a very long life and healthy living However only few people take further action to ensure that they will enjoy long healthy years This book further discussed health and wellness

as the state of physical mental and psychosocial well being This book will enlighten people all over the world about how to be aware of their state of health and medical advice needed to follow when faced with serious health issues thus enabling them to get a very quick medical attention It also illustrate medical procedures applications and advises for the reduction of stress related sickness and ways of maintaining good health and wellness It also contains information about how to listen to your body and early detection of feelings and signs that can lead to serious and severe sickness and the appropriate remedies and suggestions applicable A stitch in time really saves nine This book is a medical companion and one will never be disappointed reading it 101 Ways to Improve Your Health with Body Work Alan E. Smith, 2017-05-01 The Publishers' Trade List **Acupressure** J. V. Cerney, 1975 The Complete Handbook of Holistic Health Michael C. Moore, Lynda J. **Annual** ,1978 Moore, 1983 Abstract The potential and limitations of 15 popular and effective holistic healing methods are examined for the general public Holism as a philosophy is explored and the quality and personal suitability of various holistic treatments are discussed The view is taken that true holistic approaches to health do not stand in opposition to conventional medicine Detailed practical advice and background information is offered on specific alternative healing methods e.g. nutritional therapy acupuncture chiropractic therapy meditation the use of herbs psychic therapy dream therapy music therapy wz

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